

# WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

## 'Let's Go!' Chosen as Beneficiary of 2017 TD Beach to Beacon 10K Road Race

Let's Go!, a nationally recognized childhood obesity prevention program based in Portland, has been chosen as beneficiary of this year's TD Beach to Beacon 10K Road Race in Cape Elizabeth on August 5. The announcement was made by the TD Charitable Foundation, the charitable giving arm of TD Bank.

A program of The Barbara Bush Children's Hospital at Maine Medical Center, Let's Go! is focused on increasing physical activity and healthy eating for children from birth to age 18.

Let's Go! collaborates with schools, child care and out-of-school programs, healthcare practices and community organizations in Maine and New Hampshire to reach children and their families wherever they live, learn, work and play. Let's Go! reaches more than 220,000 children, using the 5-2-1-0 healthy habits message – five or more fruits and vegetables, two hours or less of screen time, one hour or more of physical activity and zero sugary drinks. For more information, visit [letsgo.org](http://letsgo.org).

"Partnering with the TD



*The TD Beach to Beacon draws runners from throughout the region and the world to picturesque Cape Elizabeth.*

Beach to Beacon 10K feels like a natural extension of our work and the timing couldn't be better given our renewed focus on physical

activity this year," said Tory Rogers, M.D., Medical Director of Let's Go!

*Continued on back*

## Joel Botler, M.D., Named Chief Medical Officer and SVP of Medical Affairs at MMC, Interim President at MMP



Joel Botler, M.D., has accepted the role of Chief Medical Officer and SVP of

Medical Affairs at Maine Medical Center. Dr. Botler will also begin serving as the interim President of Maine Medical Partners effective February 28.

Dr. Botler has served as interim SVP and CMO at Maine Medical Center since last January and his contributions to our organization have been outstanding. Dr. Botler has been an integral part of Maine Medical

Center for more than 35 years, whether through working with his private practice patients or serving in a formal leadership capacity. One of the founders of InterMed, he played a key leadership role in the successful growth of the practice. His strong collaborative nature, patient-centered focus, compassion and no-excuses approach to ensuring safe, high-quality care for our patients have

all contributed to his successful leadership.

The Maine Medical Partners board will form a search committee to conduct a national search and identify a permanent replacement for Dr. Chris Sprowl, who announced his departure as President of Maine Medical Partners earlier this month. The search should take six to eight months.

# David Seder, M.D., Named Interim Critical Care Chief



Dave Seder, M.D., will assume the role of Interim Chief of the Department of Critical Care Medicine on February 1. Dr. Seder completed both his internal medicine residency and his fellowship in pulmonary disease and critical care medicine at MMC. As Director of Neurocritical

Care at MMC, Dr. Seder has overseen its evolution into a nationally-recognized program.

Current Interim Critical Care Chief, Tom Van der Kloot, M.D., will continue to serve MMC as a clinician, as the Director of Rural Education, and as Physician

Leader, Clinical Learning Environment Review.

MMC will conduct a national search for a permanent chief of the department.

## *‘Let’s Go! Chosen’ from front*

“This event will help us increase awareness about the importance of physical activity and the athletes, volunteers and organizers are great role models. TD Bank is one of our Founding Partners and we’re honored that 10 years later they continue to support our mission. It’s all very exciting.”

The TD Charitable Foundation, will provide a \$30,000 donation to Let’s Go!. Let’s Go! will also benefit from fundraising activities, including the race’s charity bib program. Previous beneficiaries so far have raised an additional \$1.5 million or more in total beyond the TD Charitable Foundation donation.

Dr. Rogers said TD Beach to Beacon funding will help Let’s Go! establish new partnerships to serve additional communities, create

resources for new audiences such as pregnant women, and advance evaluation methods.

“Let’s Go!, a program of The Barbara Bush Children’s Hospital, is an ideal partner as a beneficiary for the 2017 TD Beach to Beacon race and the TD Charitable Foundation couldn’t be more pleased,” said Larry Wold, president of TD Bank in Maine. “With its focus on physical activity and healthy eating, Let’s Go! is transforming young lives in Maine and across our region. We applaud their success in getting children up and moving and thinking about what they eat. Let’s Go! is a great choice for the special 20th running of the TD Beach to Beacon.”

In 2016, Let’s Go! reported that fruit and vegetable consumption is higher among students at Let’s Go! schools and that sugary

drinks and screen time are down at most Let’s Go! sites. Moreover, recent Maine state data suggests a general upward trend in three of the four 5-2-1-0 behaviors: fruit and veggie consumption and screen time habits are moving in

was founded by Olympic gold medalist, Maine native and worldwide running icon Joan Benoit Samuelson, who won the first Olympic women’s marathon in 1984 and grew up in Cape Elizabeth training on many of the same roads.

*“Let’s Go! is transforming young lives in Maine and across our region.”*

the right direction and students are consuming fewer sugary drinks.

Physical fitness for children has been a focus of the TD Beach to Beacon since its inception. The Kids Fun Run remains a popular element of race weekend, and last year race organizers added a competitive High School Mile event, showcasing many of Maine’s top young runners.

The TD Beach to Beacon

In 2016, 6,336 runners from 15 countries, 43 states and more than 265 Maine cities and towns finished the winding, rolling, often breathtaking 6.2-mile coastal course. Thousands of spectators cheered runners along the route and at the finish, and more than 800 volunteers helped ensure a smooth operation. The race debuted in 1998 with 2,408 runners crossing the finish line.



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